To Sweat or Not to Sweat?

- Home Cooking for Health
- Spring Clean Your Plate
- Tame Your Shame
- Rock Your Relationships
Sweat is the body’s way of regulating its temperature. To some, it signals a really good workout, but to others, sweating is an inconvenience to avoid. Let’s face it, sweating can mess up your hair and clothes, ruin good make-up, or be embarrassing when excessive. However, it shouldn’t be a reason to avoid exercise.

Try these tips to help control sweating:

- Keep hair off your neck and forehead, keeping your face clear.
- Wear clothing that moves with you to allow heat to move away from your body.
- Wash off lotions that can cause blocked sweat glands.

If the thought of needing an extra shower after physical activity leads you to skip exercise, then try these low- or no-sweat workouts:

**Swimming.** While you will actually be sweating, you won’t feel it! Water aerobics or laps are easy on the joints, too. Just remember to drink water and keep rehydrating, because you are sweating, even if you don’t know it.

**Walking.** You can control the intensity of this low-impact workout. Walking outside in cool weather or inside a climate-controlled building shouldn’t leave you drenched.

**Tai Chi.** This is a very gentle, meditative activity. It promotes balance, coordination, and flexibility.

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**Spring Clean Your Plate**

Spring is coming, and so is a new crop of fresh produce. Here is a sampling of some of the seasonal produce to watch for in March, April, and May:

| Asparagus: | Roast, grill, or lightly sauté in olive oil. |
| Artichokes: | Bake and toss in pastas or salads. *See an easy artichoke recipe on the next page.* |
| Apricots: | Rinse and enjoy for a sweet treat. |
| Broccoli: | Stir-fry, steam, or grate into slaw. |
| Butter Lettuce: | Wash and dry thoroughly for salads. |
| Honeydew Melon: | Store at room temperature until slicing. |
| Pineapple: | Choose ones with dark green leaves and avoid ones with soft or dark spots and dry-looking leaves. |
| Spinach: | Add to salads and omelets, or sauté with garlic and olive oil. |
| Strawberries: | Eat whole, slice into cereal, or add to a fruit salad. |
| Watercress: | Add to sandwiches, soups, or salads. |
Recipe of the Month:
Grilled Artichokes

Ingredients:

<table>
<thead>
<tr>
<th>4 large artichokes</th>
<th>Salt and pepper to taste</th>
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<tbody>
<tr>
<td>1 tablespoon unsalted butter</td>
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Instructions:

Fill a large pot with water, add a pinch of salt, and bring to a boil. Prepare artichokes by trimming off the outer leaves, cutting them in half lengthwise through the stem, and scooping out the choke (the bristly, inedible part). Add prepared artichokes to the pot and cook for 10-15 minutes, until tender. Drain.

Heat a grill or skillet over medium high. Brush the artichokes with olive oil and season with a little salt and pepper. Cook cut side down until hearts are tender, about 5 minutes.

Home Cooking for Health

What’s better than a home-cooked meal? How about the fact that it can lower your risk of type 2 diabetes and help aid weight loss? So why is food that’s cooked at home so much healthier than pre-packaged, take-out, or restaurant food?

1. **Serving sizes.** Many restaurants serve two to three times more than the recommended healthy portion sizes.

2. **Control over ingredients.** Making mouthwatering, highly palatable foods is the business of a restaurant, but making the tastiest dish doesn’t always prioritize nutrition. They will use as much butter and salt as it takes to get people to come back!

3. **Time and convenience.** Meals at home can be prepared in 20 minutes or less. While a restaurant seems quicker, add up the time of getting in the car, driving to the restaurant, waiting to be seated, ordering food, waiting for food, paying for the meal, and then driving home!

Make eating in more convenient by cooking dishes like stews and roasts on the weekend, then eating them throughout the week. Or try a slow-cooker that prepares meals while you work. Think of a restaurant meal as an occasional break, then head back to the kitchen for your health and your wallet.
What holds you back from achieving your goals, trying new things, or even following your dreams? Fear of failure, mistakes, or criticism? Perhaps it's shame. Everyone has shame, and it is one of the rawest emotions people experience. Love, belonging, and connection give us meaning and purpose in our lives, and shame is the fear that something we've done makes us unworthy of these things.

Shame can be experienced in some of the following ways:

- **Appearance and body image** (not being fit, thin, or tall enough)
- **Money and prestige** (not being rich enough, not getting promoted)
- **Parenting** (working too much or not enough, being too strict or too lax)

While some believe that shame is a tool to help people do better, it usually doesn’t lead to positive outcomes and is more likely to cause destructive behaviors. Shame destroys courage and fuels disengagement.

The keys to combating shame are:

- **Self-compassion.** Recognize shame and figure out what triggers it.
- **Reality check.** Are the expectations driving your shame realistic?
- **Share.** When we talk about shame with others, we gain their empathy. A simple “Me too!” sends the message that we are not alone.

Tame Your Shame

Rock Your Relationships

Is someone in your life driving you crazy? Whether it’s a partner who won’t talk when they’re upset, a disagreement with a boss or co-worker, or even a social media post that goes against your values, confrontation is rarely the solution.

**Remember:** People are different. Every person has his or her own personality flaws, defenses, and emotional triggers. Human nature is to view one person as “right” and the other person as “wrong.” But rather than trying to change another person’s behavior or opinion, focus on your own reactions. Here are some tips:

- **Think** before responding to the other person.
- **Be mindful** of their perspective.
- **Listen** and ask questions.
- **Deal with differences** as opportunity for self-growth.
Why to Build an Emergency Fund

Life is full of unexpected events, such as medical issues, layoffs, and home or car repairs. Setting aside a financial safety net can help ease the stress of emergencies, if or when they occur. According to *Money* magazine, 78 percent of us will have a major negative financial event in a ten-year period. Here are some tips for building an emergency fund:

- Aim to save for three to six months' worth of expenses.
- Keep your funds in an account that you can access easily and quickly, such as a simple checking or money market account.
- Don’t be tempted to tap in to your emergency fund for everyday expenses!

Monthly Quiz:

1. According to the article, sweating can:
   a. Signal a really good workout
   b. Ruin good makeup
   c. Be made bearable
   d. All of the above

2. Why can food that is cooked at home be healthier?
   a. Servings at home are larger.
   b. Home cooking gives you control over ingredients.
   c. Less time sitting in the car.

3. Which of the following is true about shame?
   a. It is a good tool to motivate people to change.
   b. It encourages courage.
   c. It can be combatted with self-compassion and empathy.